



Pick-WIC Paper

NORTH DAKOTA WIC PROGRAM

MARCH 2018

Baked Fish Deviled Eggs Magical Fruit Salad Yummy Sweet Potato Bake Total Cookies

Baked Fish

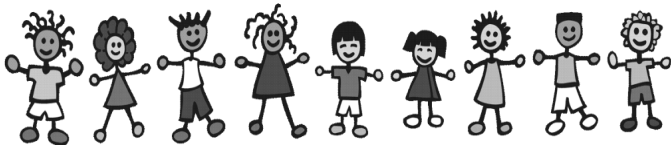
1 pound fish fillets (whitefish, trout, cod, tilapia, etc.)
2 teaspoons oil
1 small onion, sliced
¼ teaspoon salt
¼ teaspoon ground black pepper
¼ teaspoon lemon pepper seasoning, optional



1. Heat oven to 350 degrees.
2. Place about a 12-inch piece of foil on the counter. Coat the foil with nonstick cooking spray.
3. Place the fillets in the middle of the foil. If the fillets have skin, place the fish skin-side down.
4. Spread the oil, onions, salt and pepper on top of the fillets. If using lemon pepper seasoning, add that as well.
5. Fold the foil over the fish to wrap it. Put all the foil pouches on a baking sheet and place in the oven.
6. Bake for 15-20 minutes until a food thermometer shows the fish at a safe internal temperature of 145 degrees.

Recipe Source: <https://whatscooking.fns.usda.gov/>

Nutrition Note: This recipe makes 4 servings. Each serving (without lemon pepper) has 90 calories, 2.5 grams of fat, 15 grams of protein, 2 grams of carbohydrates and 440 milligrams of sodium.



Tips for a Happy & Healthy Family

Have family routines. Prepare three meals each day at about the same time. Sit down with your children while you eat. Talk about what you're going to do during the day. These routines make a child feel safe and loved.

Source: www.nutritionmatters.com

Deviled Eggs

6 hard cooked eggs, cooled
½ teaspoon mustard
½ teaspoon salt
¼ teaspoon ground black pepper
3 tablespoons light mayonnaise
1 tablespoon onion, finely chopped
Paprika to taste



1. Remove shells from the eggs and cut in half lengthwise. Carefully remove yolks and place in a small bowl.
2. Mash yolks with fork. Add mustard, salt, pepper, mayonnaise and onion; mix until fluffy.
3. Fill egg white halves with yolk mixture. Sprinkle with paprika.

Note: To hard cook eggs: Place eggs in a large kettle. Fill the kettle with enough cold water to cover the eggs and bring to a boil. Cover, remove kettle from heat, and let sit for 15 minutes. Drain and rinse with cold water.

Nutrition Note: This recipe makes 12 deviled eggs. Each egg has 50 calories, 3.5 grams of fat, 3 grams of protein, 1 gram of carbohydrates and 90 milligrams of sodium.

Why breastfeed?



"So many reasons – the bond, the convenience and knowing that I provide the best milk ever!"

~ Allison, WIC Breastfeeding Mom, Bismarck

For more information about breastfeeding, check out our breastfeeding website at www.ndhealth.gov/breastfeeding.

Magical Fruit Salad

1 can (20 ounces) pineapple chunks, canned in juice
2 bananas
1¾ cups fat-free skim or 1% milk
1 package (3.4 ounces) instant lemon or vanilla pudding mix
2 cups seedless grapes, any variety



1. Drain juice from pineapple.
2. Slice bananas.
3. Pour milk into a large bowl. Sprinkle in the pudding mix while stirring.
4. Add all the fruit to the pudding.
5. Let mixture stand for 5 minutes before serving.

Recipe Source: <http://www.extension.iastate.edu/foodsavings>

Nutrition Note: This recipe makes 12 servings. Each serving has 100 calories, 0 grams of fat, 2 grams of protein, 24 grams of carbohydrates and 130 milligrams of sodium.

Yummy Sweet Potato Bake

2½ pounds (5 medium) sweet potatoes or 1 can (40 ounces) sweet potatoes, drained
¼ cup maple syrup
½ teaspoon ground cinnamon or pumpkin pie spice
¼ cup all-purpose flour
¼ cup brown sugar
2 tablespoons margarine or butter, chilled
¼ cup chopped pecans, optional



1. Heat oven to 375 degrees.
2. If using fresh sweet potatoes, peel and cut fresh sweet potatoes into 1-inch pieces. Cover with water in a large pot and bring to a boil. Reduce heat and cook just below boiling for 12 minutes or until soft. Drain well.
3. Mash cooked or canned sweet potatoes well. Stir in maple syrup and cinnamon.
4. Coat a 9-inch baking dish with nonstick cooking spray. Spoon mixture into the baking dish.
5. Stir together flour and brown sugar in a small bowl. Cut margarine into pea-sized pieces and add to bowl. Mash margarine into flour mixture with a fork until mixture become crumbly. Stir in pecans and sprinkle over sweet potatoes.
6. Bake uncovered for 30 minutes.

Recipe Source: Minnesota WIC Program

Nutrition Note: This recipe makes 9 servings. Each serving (without pecans) has 200 calories, 3 grams of fat, 3 grams of protein, 41 grams of carbohydrates and 70 milligrams of sodium.



The Pick-WIC Paper is developed for the Special Supplemental Nutrition Program for Women, Infants and Children.

WIC Because You Care

 NORTH DAKOTA
DEPARTMENT of HEALTH

800.472.2286

www.ndhealth.gov/wic



Turn Off the TV



Have your child sort their toys as they exercise. Begin by figuring out how to sort - by color, by size - then make piles on different ends of your home. As your child finds a toy, have them move quickly to the correct pile, hop on each foot five times and then move quickly back to get another toy.

Total Cookies

1 cup margarine or butter
1 cup brown sugar
1 cup white sugar
2 eggs
½ teaspoon vanilla
2 cups oatmeal or coconut
2 cups WIC flake cereal like Total®
2 cups all-purpose flour
1 teaspoon baking soda
½ teaspoon baking powder
½ teaspoon salt



1. Heat oven to 350 degrees.
2. In a large bowl, combine margarine and sugars.
3. Add eggs, vanilla, oatmeal/coconut and cereal, mixing well after each addition.
4. Add remaining ingredients and mix.
5. Drop dough by rounded teaspoonful onto ungreased baking sheet. Bake for 10-12 minutes.

Nutrition Note: This recipe makes 49 cookies. Each cookie (using oatmeal) has 110 calories, 4.5 grams of fat, 1 gram of protein, 16 grams of carbohydrates and 95 milligrams of sodium.

GROWING HAPPY FAMILIES



Make Meals Rewarding for You

Eat with your child, don't just feed him. Have pleasant meals, and teach your child to behave well at mealtime. Keep in mind that family friendly feeding is "working," when your child enjoys family meals, behaves well there, and can cheerfully pick and choose from the food you make available.

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<https://www.elynnSatterInstitute.org/how-to-eat/family-meals-and-snacks/>